

## Tips to prepare for winter and prevent falls

**NATIONAL COUNCIL ON AGING  
& MORGANNE HOUSLEY, DCHD**

Every week, 179 Utahns aged 65+ are injured severely enough from a fall to seek treatment in an emergency department. Also, 61 are admitted to a hospital, and three die.

Falls are not a normal part of aging and can be prevented if the necessary precautions are taken at home and while you are out and about.

It is important to wear sturdy footwear that is appropriate for the weather. Check your shoes, boots, and assistive devices and make sure they are in good repair for the upcoming season. Here are some other things you can do to prevent falls: 1)

find a good balance and exercise program, 2) talk to your health care provider, 3) regularly review your medications, 4) get your vision and hearing checked annually and update your eyeglasses, 5) keep your home safe and make necessary modifications, 6) talk to your family members.

The Davis County Health Department offers Stepping On workshops to help seniors learn balance and strength exercises, make safe home modifications, and learn how to work with health care providers to reduce falls. For more information on Stepping On workshops near you, please contact Morganne Housley at 801-525-5087.



**SENIORS AT GOLDEN YEARS** Senior Activity Center walk with physical therapist Amanda Thompson (center) during a Stepping On workshop lesson about preventing falls on uneven terrain.

*Photo by Jessica Hardcastle*

## Caregiver support classes offered in two locations

**BY MEGAN FORBUSH**  
DCHD Senior Services

Davis County's Family Caregiver Support Program is offering an eight week class series for individuals who care for family members that are older and/or frail.

Classes will be offered at two different locations. On Tuesdays, classes are held at Fairfield Village (1201 N. Fairfield Rd. Layton) from noon to 1 p.m. Thursdays classes are held at Golden Years Senior Activity Center (726 S. 100 E. Bountiful) from noon to 1 p.m.

A light lunch will be provided at the classes but

attendees must RSVP to Megan Forbush at 801-525-5088 on Mondays by noon.

Schedule:

- Oct. 11 & 13: Cooking Tips for Cardiac and Diabetic Diets – Jennifer Lingwall, Life Care Center of Bountiful

- Oct. 18 & 20: The Attitude of Gratitude – Linda Clawson, South Davis Home Health & Hospice

- Oct. 25 & 27: Topic to Be Announced – Nicole Van Tassell, Right At Home

- Nov. 1 & 3: Chronic Conditions – Morganne Housley, Davis County Senior Services

- Nov. 8 & 10: Caregiver Rejuvenation Event

## Davis County's Senior Voice events organized for November

**BY DEBBIE DRAPER**  
DCHD Senior Services

Senior Voice events have been organized to educate and increase senior involvement in the legislative process, as well as provide information on proposed legislation and senior related initiatives.

These events will help inform you about the legislative process and how to effectively advocate for issues important to seniors. They will help you identify who your legislative leaders are and how they may be contacted. We will share the top concerns identified by Utah's seniors and provide tools to advocate and

support seniors remaining healthier, independent, and at home.

The events are replacing the "Senior Day at the Legislature" activity. There will be a light brunch served. Dates and locations are:

- Thursday, Nov. 3, 10 a.m.-noon at the Autumn Glow Senior Activity Center (81 East Center Street, Kaysville)

- Thursday, Nov. 17, 10 a.m.-noon at the Golden Years Senior Activity Center (726 South 100 East, Bountiful)

For more information, please call Davis County Senior Services at 801-525-5050.

## Upcoming Medicare 101 classes

**MARIE JORGENSEN**  
DCHD Senior Services

Davis County Health Department's Senior Services offers a one hour free class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, Oct. 12 – Clearfield Library, 562 South 1000 East, Clearfield
- Tuesday, Oct. 18 – Bountiful Library, 725 South Main Street, Bountiful

All classes start at 6:30 p.m. For more information, contact Marie Jorgensen at 801-525-5086 or [mjorgensen@daviscountyutah.gov](mailto:mjorgensen@daviscountyutah.gov).

## Medicare Open Enrollment help available Oct. 17 through Dec. 7

**BY SHAWNA MAHAN**  
DCHD Senior Services

Medicare subscribers are allowed each year to make changes to their coverage. Getting everyone's changes finalized by early December ensures beneficiaries will have their updated Medicare changes in place at the start of 2017.

Beneficiaries need to review their Advantage Plans as well as their Part D (prescription drug) yearly as costs and covered services may change. Clients need to bring along their Medicare cards; all of the information pertaining to their prescription medications including name, dosage, times per day; any award letter from Medicare, Medicaid, or Social Security if possible.

Davis County Senior Services Medicare counselors are available during the open enrollment period by appointment (call 801-525-5050 for appointment) at the following locations:

- Tuesdays, Oct. 18 through Dec. 6 at Autumn Glow Senior Activity Center, 81 E. Center Street, Kaysville.

- Wednesdays, Oct. 19 through Dec. 7 at Davis County Health Department, 22 South State Street, Clearfield.

- Thursdays, Oct. 20 through Dec. 1 (except Thanksgiving Day, Nov. 27) at Golden Years Senior Activity Center, 726 South 100 East, Bountiful.

- Mondays-Fridays, 8 a.m.-5 p.m., (except holi-

days) by appointment only at Davis County Health Department Senior Services, 22 South State Street, Clearfield, 801-525-5050.

| Sun       | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Sat       |
|-----------|---|---|--|--|--|-----------|
|           |  <b>OCTOBER</b>                              |   |  | <b>6</b><br>AG – Tai Chi 9:40<br>Reiki (New) 10:30<br><b>GY</b> – **Caregiver Class 12<br><b>ND</b> – Miles Coe on the piano 12                | <b>7</b><br>AG – **Flu Shot Clinic 10-1<br><b>GY</b> – Water Color 9<br><b>ND</b> – Representative from mycashUtah.gov 11:30                         | <b>8</b>  |
| <b>9</b>  | <b>10</b><br>AG – Lifetime Fitness 9<br>Bingo 10:15<br><b>GY</b> – "Stage Show" 11<br><b>ND</b> – Brain Games with LeeAnn 10:45 | <b>11</b><br>AG – Reiki 10:30<br><b>GY</b> – Blood Pressure Clinic 10<br>Allen Birdsall on the piano 11:30<br><b>ND</b> – Blood Pressure Clinic 10:30 | <b>12</b><br>AG – Blood Pressure Clinic 10:30<br>Crossword 11<br><b>GY</b> – **Legal consultation by appointment<br><b>ND</b> – Food Bank      | <b>13</b><br>AG – Food \$ense Nutrition Class w/USU 11:15<br><b>GY</b> – Gardner Village 9:30<br>Unclaimed Property 12<br><b>ND</b> – Movie 12 | <b>14</b><br>AG – **AARP Safe Driving 10-2:30<br><b>GY</b> – Line Dancing 9:30<br>Movie 12:30<br><b>ND</b> – Computer Class 11                       | <b>15</b> |
| <b>16</b> | <b>17</b><br>AG – Oil Painting 9<br><b>GY</b> – Yoga 10<br><b>ND</b> – Chancellor Gardens presentation 11:30                    | <b>18</b><br>AG – Lapidary 8:30<br><b>GY</b> – **AARP Safe Driving 12:30<br><b>ND</b> – Shopping Day<br>**Foot Clinic by appointment                  | <b>19</b><br>AG – **Foot Doctor 9-1<br><b>GY</b> – Ceramics 9<br>Senior Social 11:15<br><b>ND</b> – Stepping On Workshop 12:30                 | <b>20</b><br>AG – Wire Wrapping 8:30<br>Lunch/Minute to Win It 11:30<br><b>GY</b> – **Caregiver Class 12<br><b>ND</b> – Card Games 12:30       | <b>21</b><br>AG – Birthday Lunch 11:30 & OKTOBERFEST<br><b>GY</b> – Stained Glass 9<br><b>ND</b> – Davis Arts Council performs 10:45                 | <b>22</b> |
| <b>23</b> | <b>24</b><br>AG – Water Exercise 9<br>Bingo 10:15<br><b>GY</b> – Sit N Fit 8:30<br><b>ND</b> – Bingo 12:30                      | <b>25</b><br>AG – Square Dancing 12:30<br><b>GY</b> – Jim Jensen on the accordion 11:30<br>Book Club 12:30<br><b>ND</b> – Blood Pressure Clinic 10:30 | <b>26</b><br>AG – Lunch w/Senior Stages Theatre 11:30<br><b>GY</b> – Dancing Grannies 8:30<br><b>ND</b> – Food Bank Stepping On Workshop 12:30 | <b>27</b><br>AG – **Hearing Clinic 10<br>Food Bank/Bread 12<br><b>GY</b> – **Caregiver class 12<br><b>ND</b> – Food \$ense Nutrition Class 1   | <b>28</b><br><b>**GY &amp; ND October Birthday Party</b><br>AG – Halloween Scream 10-12<br><b>GY</b> – Watercolor 9<br><b>ND</b> – Texas Hold 'em 12 | <b>29</b> |
| <b>30</b> | <b>31</b><br><b>HALLOWEEN</b><br>AG – Lifetime Fitness 9<br><b>GY</b> – Oil Painting 1<br><b>ND</b> – Halloween Party 11        | <b>Nov 1</b><br>AG – Reiki 10:30<br>Chair Tai Chi 10:40<br><b>GY</b> – **Jewelry or Craft Class 12:30<br><b>ND</b> – Lapidary 8<br>China Painting 9   | <b>Nov 2</b><br>AG – Watercolor 9:30<br>Bingo 10:15<br><b>GY</b> – Writing Class 1<br><b>ND</b> – Art 9<br>Bingo 12:30                         | <b>Nov 3</b><br>AG – Wire Wrapping 8:30<br><b>GY</b> – Arthritis Exercise Class 12:30<br><b>ND</b> – Knit & Crochet 12:30                      | <b>Nov 4</b><br>AG – Internet 101 9:30<br>Ceramics 12<br><b>GY</b> – Line Dancing 9:30<br><b>ND</b> – Bingo 12:30                                    | <b>5</b>  |

**\*\* Call Senior Activity Center to Make Reservation**

**(Note: Not all activities are listed on this consolidated calendar, activities are subject to change)**

**AG ~ Autumn Glow**  
(801) 444-2290  
81 East Center Street  
Kaysville, UT 84037

**GY ~ Golden Years**  
(801) 295-3479  
726 South 100 East  
Bountiful, UT 84010

**ND ~ North Davis**  
(801) 525-5080  
42 South State Street  
Clearfield, UT 84015





# LEGACY

## DERMATOLOGY

### 801-797-9121

### 320 West 500 South • Suite 210

### Bountiful, Utah

(above Ski N See)

### [www.legacy-dermatology.com](http://www.legacy-dermatology.com)



**Dr. Jared R. Heaton D.O.**  
Board Certified Dermatologist

Legacy Dermatology, the office of Dr. Jared R. Heaton, specializes in skin cancer diagnosis and treatment, MOHS surgery, mole exam and removal, acne, warts, skin diseases, spider vein treat, CO2 laser skin resurfacing, and many other cosmetic skin procedures.